

THE TIMES DAILY MAGAZINE PAGE

Return To Simple Ideals And Find Happiness, Urges Winifred Black

What a Lot of Trouble We Make Trying to Pretend and
to Hide Things and to Attempt to Act Like
Someone Else, She Philosophizes.

By WINIFRED BLACK.

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WHAT did you do on Christmas—spend the day with your rich relations or ask your poor relations to spend the day with you?

That reminds me of a question a certain friend of mine always asks on certain occasions. About once a year this friend and I get together and have dinner quite alone. A nice, cozy, quiet, comfortable little dinner—with shaded lights and the soup she fancies and the dessert I like—and we talk of everything and everybody and every place we've been and all the places we'd like to go and can't, and decide about them. We wonder again why the handsome young Vassar girl we both know married the more than middle-aged grocer from a country town, who says "I haven't went" and "I seen it"—we've heard him do it, both of us.

The grocer is rich, but not nearly so rich as the Vassar girl in her own right. And every year we wonder about it, and then we wonder why Mary asked to John, when John is so evidently tired of her, and why on earth Susan and Matilda insist on living together, just because they're relatives when they're both so much happier apart.

Two Kinds of People.

And, some time along toward bedtime, when we've got our hair down and brushes in our hands and the fire in the big bedroom lit, we get to the certain question.

And that always is this:
"Which kind of people do you hate the worst? The ones who are nice to you when you're rich and successful and up in the world, and they think you might invite them to a party or something, or the ones who are all right when you are poor and they can patronize you, and all wrong when you're doing well and ask you to dinner, and forget them?"

We never quite settle the question. What did you do on Christmas, really, and what did you wish you could do? Maybe you spent the day with your poor relations and asked your rich relations to spend the evening with you. How did it come out?

I was visiting a friend on Thanksgiving, and she told me what she called a "Turntable Party." We all wondered and wondered what it was going to be, and it turned out that she was asking some very rich friends who always insisted upon her passing Thanksgiving

with them to come and pass the evening with her and her children for a change.

I'll confess, when I found out what it was going to be, I felt a little nervous about it.

At first it was rather awful. They were so kind and so overplussed and so agreeably surprised at the few pretentious flowers and grapes and things my friend had used so tastefully in decoration, they made us all feel a little bit like the children at a mission Sunday school when the pastor from the rich church comes to visit them. But my friend didn't pay the least bit of attention to a thing except the games.

Old Fashioned Ideals.

We were going to have games, she said, old-fashioned games, and games we did have—"blind man's bluff" and "drop the handkerchief" and "spin the platter" and "pass in the corner." Then we pushed back all the chairs and tables and danced, and my friend's pretty niece played on the piano, and my friend's handsome boy made his mother show them all how to dance some queer old-fashioned quadrilles. And the rich man had the time of his life bowing to his partner, and the rich man's wife actually laughed aloud when she courted to the corners, and the rich man's children forgot their clothes and their limousine and their father's being president of the bank and had a good time, a perfectly good time, and we all had it with them.

All because nobody was pretending and nobody was hiding anything and nobody was trying to act like somebody else.

Now, of course, my friend in the homey little house could have had an imitation party, with dabs of salad and a punch bowl and thin sandwiches and ice cream and black coffee—and nothing would have been as nice as the rich man could have had it in his own house, and she should all of us have been thinking of the difference and fretting over it.

I think my friend was an awfully clever woman, don't you?

What a lot of trouble we do make trying to "pretend!"

Any friend who could do us as best as we really are. And what do we care for the other kind?

The United States is the one great country now that all the world looks to in this hour of trouble and distress. It is the only place where we can get some American fashions. Can't we get back just a few old-fashioned American ideals? How much simpler and happier we should all be if we could!

Mama, I Want a "Piece"

By MRS. CHRISTINE FREDERICK

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WHEN the children come from school shall they have a "piece" between meals? When doctors disagree, it is worth while looking at both sides of the matter. Like the table, "it all depends." If for instance, children have only a cold lunch box meal at noon, and their hot dinner is not until 6, it is certainly well to give them a "snack" at about 3:30. But of what shall that "piece" consist? The mistake should not be made of giving the child enough or that quality of food that will curb his appetite for the real meal of the day.

If the weather is cold, a warm drink is best, accompanied by a few crackers. Let it be a cup of soup, tomato bouillon, or weak cocoa, or malted milk. The other choice lies in fruit, particularly apples, dates, figs, and raisins, but never bananas, which if eaten hurriedly on an empty stomach, especially in cold weather, will cause indigestion and heartburn.

Pie is another article that should be avoided, as well as all sausage sandwiches, which are most hard to digest in cold weather. Cake, too, is too sweet for the child, and if bought by the hungry child, it may take effort to get the child to come

Some Whims of Fashion



Household Hints

When incandescent mantles break do not throw them away. Crush them up into powder, pour in a small box, and use for cleaning jewelry. It gives a splendid polish, and does not scratch the surface of gold or silver.

If a carpet has seen good service and is rather faded and soiled, you will find this a splendid restorer. Take a quart of hot water and add to it a few drops of liquid ammonia. Sponge the carpet well with this, working at a small piece at a time.

If you warm lemons on the stove you will obtain double the amount of juice from them.

Never throw away the rind of lemons. Use it for flavoring blancmange, custards and boiled puddings.

Keep your old papers in the kitchen, and on baking days use them for wiping the grease from the stove, opening the oven doors, and standing saucepans upon.

Cloths cost money and need washing, so substitute paper whenever it is possible.

Silk blouses can be made to look like new by stiffening with a little gum arabic in the rinsing water. One dessert-spoonful should be dissolved in a pint of boiling water, and the silk ironed while damp.

When baking potatoes, cut a slit from the end of each. This will let out the moisture and make them appear mealy.

When cooking vegetables never allow the water to stop boiling all the time they are in the saucepan. To do so will make them sodden.

Salt will remove black beetles. Put plenty of salt where the beetles frequent, and keep it there for a week. Do not leave any water where the insects go. When they eat the salt it will dry up their bodies.

GOLD and blue is the color scheme for a dancing frock of lace, chiffon and velvet. The bodice is of gold net edged with bands of gold lace over the shoulders. The skirt is of all-over gold lace, which may be joined to a yoke of the plain net if it is not wide enough for the skirt. A broad grille of gentian blue velvet is drawn high under the arms and down the hips in soft folds. The entire frock is made over a foundation of flesh-colored chiffon.

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NEWS



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A letter—yet a speaking voice. Words that are only ink scratches dried on white paper—yet possess the magic power of giving joy or causing sadness. Signals that make the far-away near. Signs that are songs—songs that are sweetest where Cupid sings. It may be the first time that the one-who-writes

By Will Nies

Spices Are Analogous To Human Conceit and Cry With Noisy Brag

By DR. LEONARD KEENE HIRSHBERG.

SPICES are analogous to human conceit and vanity. They are richer in outward flourishes than in substance, and cry aloud with noisy brag of their composition. They are ornaments to the palate, but beggars in the matter of true worth. Condiments are, figuratively speaking, wiser in their own reasoning than twelve good foods without seasoning.

Anything edible taken before, with or after meals merely to yield a delectable tang and fragrance to the provender is called a spice, condiment or seasoning. It may so happen that there is a modicum of nourishment in them, but that is not usual or necessary.

Then end and purpose of such "chef d'oeuvres," as the French bill of fare names them, is to act as a fillip, a call, a nine-lives to the appetite. In effect, they act as whipping boys to the digestive juices. The alimentary apparatus is so often at the beck and call of the emotions and the thoughts that man is occasionally thrown upon such artificial resources to checkmate the caprices of sentiment and intellect.

The preparation of food, its odor, color, service, and all motions that stir the senses act as stimulants and are akin to the coy and demure appetite.

Common Condiments.

The real condiments of the culinary artist are of plant origin. Many of them are the bright particular stars of the vegetable world. Like the fabled fruits of Olympus, these modern buds, seeds, fruits, barks, roots, flowers and paths are full of life and vigor.

Some of these spices used without an appropriate food are decidedly unpleasant to the taste. The flavor of food is enhanced, however, by the use of such condiments as cloves, nutmeg, lemon,

Sources of Spices.

Cloves are the dried flowers of an evergreen tree of Brazil, West Indies, India and Ceylon. The pungent taste and odor are due to its rich oil.

Allspice is the dried berry of an evergreen tree of Jamaica and the West Indies.

Pepper is also a dried fruit pod, cultivated almost everywhere. There are many different kinds of pepper, among which are cayenne, Chile and the mild Hungarian red pepper, known as paprika.

Ginger is the root of a bushy herb. Most of it comes from Ceylon, although it grows all through the tropics. Mustard is the seed of an herb of this country and Europe. Nutmegs are seeds of the nutmeg fruit.

Strange as it may appear, spices are subject to more adulteration than are many nourishing foods. Shells of nutmegs, chaff, hulls, dried leaves, turmeric, cereals, barks of trees and stems are all mixed with spices to increase profits, with a ruthless disregard of the fact that the human stomach does not resemble that of the ostrich or a Harlem goat. An alert health officer who knows the tricks of the trade can easily detect any adulterated spices.

Answers To Health Questions

Mrs. S. Va.—Please tell me of some harmless solution for thin faded hair, which was originally a dark brown.

Also something to make my eyebrows grow. I would appreciate something to make my hands and face soft and white.

A. Stain the hair with fluid extract of walnut. 2. Massage the following into the eyebrows each night: Capsicum, 1 dram; white vasoline, 1 ounce. 3. To make the face soft use this recipe: Fine almond meal, 4 ounces; finely powdered borax, 8 drams; oil of bitter almonds, 3 drops; oil of lily of valley, 2 drops; finely powdered orris root, 2 ounces; finely powdered pumice stone, 5 drams.

A. M.—Kindly let me know if Epson salt baths will reduce the weight of a person, and if so, how much practice should be used.

A. It is a very popular practice, and tends to reduce the weight of a person, and if used in a bath of hot water.

R. H.—At times I have a very bad breath. Kindly advise. 2. My nose comes red and sometimes small pimples appear. It also becomes oily. What will remedy this?

Take a half dozen bone charcoal tablets after meals three times a day and a tablespoonful of milk as a cathartic before meals. 2. Avoid all oily, hot, greasy, rich, starchy, and highly seasoned foods, sweets, pastries, chocolate, and cakes. Do not use hot water on your face, but wash with ice-cold water and use a good massage cream for cleansing purposes.

V. J. V.—Would you kindly tell me what will cure me of the tobacco habit?

Swallow one or two tablets every three hours, each of 1-200th grain of sulfur, and take a glass of water after each. Bitter and when chewed take away the habit.

PERSONAL ADVICE.

Readers desiring advice should

member:

1. To address inquiries to Dr. L. K. Hirschberg, care of The Washington Times.

2. To enclose a stamped and addressed envelope if a personal reply is desired.

News Items and Notes of Club Activities in Washington

The following officers are to be installed by Lincoln Circle, Ladies of the G. A. R., at the January meeting: Mrs. Clara Avery, president; Mrs. Sarah Deeds, vice president; Mrs. Alice Goodacre, junior vice president; Miss Nellie Colebourne, treasurer; Mrs. Edith King, chaplain; Mrs. Lydia Adams, secretary; Mrs. Emma S. Brinton, patriotic inspector; Miss Ellen Burroughs Foster, conductor; Miss Rebecca Hanson, guard; Mrs. Sarah Deeds, press correspondent; Mrs. Ellen Peck, delegate to District Federation; Miss M. E. Glennan, delegate to the national convention of the G. A. R.; Mrs. Emma Brinton, first delegate; Mrs. Alice Goodacre, second delegate; Mrs. Jeanne Harvey Street, third delegate; Mrs. Sarah Deeds, Miss Ellen Burroughs Foster, and Mrs. Lydia Adams, delegates to the president, and Miss M. E. Glennan, pianist.

The Wellesley Club will meet on Friday at the home of Mrs. W. E. Safford, 323 M. Pleasant street, London, at 8 o'clock. Among the speakers will be Dr. Louise Taylor-Jones, of this city, who is to speak on "The woman's experience in typhus-stricken Serbia."

Half an hour before the meeting of the meeting, the entertainment committee will discuss plans for the year.

The District Federation of Women's Clubs meets at the New Exhibit on December 28 at 2 o'clock. Mrs. F. M. Pennoyer, president of the General Federation of Women's Clubs, will address the District Federation in the auditorium of Woodward & Lothrop's on January 4 at 2 o'clock. Mrs. Pennoyer will come to Washington as a delegate to the second Pan-American Scientific Congress.

Prof. Samuel MacVetters, of the American University, is to speak on "The woman's experience in typhus-stricken Serbia" at an open meeting of the federation on January 8 at the Public Library.

An invitation has been received from the women's auxiliary conference of the second Pan-American Congress for the members of the District Federation of Women's Clubs to attend their sessions, opening at the Memorial Auditorium Hall at 10 o'clock on December 28.

"A Perplexing Situation," the first performance of the Home Club Players, was given last Monday in the club hall. George H. Palmer, of the Potomac Players, was stage manager and Mrs. Olive D. Jones had charge of the musical program. O. W. Goodwin, treasurer of the Home Club players, was "The Epiphany" in the cast were Mrs. J. Yager Hamilton, John McLeachan, Miss Charlotte Crawford, Miss Elizabeth Schuler, T. O. Klath, Miss Mary Louder, S. H. Meyer, Miss Mary Thynson, and Alberti Jones.

"The Appreciation of Poetry" will be discussed by William Allen Wilbur, dean of Columbian College, George Washington University, before the Twentieth Century Club on January 6 in the parlors of All Souls' Unitarian Church. Louis C. Atwater

and William E. Green are to have charge of the musical program. The art section of the club meets on January 9 at 3 p. m. for the discussion of "Titian," at the home of the leader, Mrs. Dayton Ward, 1529 Columbia road.

The literature section meets on January 12 with Mrs. Henry Parkman, of the Potomac Players, as the leader. The French section, under the leadership of Miss Elizabeth Carhart, meets on the same day. The place has not been announced as yet.

The Woman's Alliance of All Souls' Church is to hear an address by Mrs. William Kent at the meeting in the parlors of the church on the morning of January 16. Miss Metzger is the leader.

On January 21 Mrs. Ernest Black-

well will be guest of honor at a tea from 4 to 6 p. m. in the church parlors.

"Schools As Community Centers" is to be the theme of the convention of the American Civic Federation at the New Willard Hotel on Wednesday. Miss Margaret Wilson will preside, introducing the following speakers: Prof. E. J. Ward, of the University of Wisconsin; "Community Center Organization for National Defense and World Adjustment," Dr. Charles E. North, of New York; "A Community Center at Work," Raymond E. Crist, of the Bureau of Naturalization; "The Relation of the Public School, the Community Center, and the Federal Bureau of Naturalization in Making New Citizens," and Miss Zona Gale—an original story.

A Few Easy Recipes

By ANN MARIE LLOYD.

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Creamed Salmon.

2 eggs, yolks.
2 cups of butter.
1½ cups of salmon.
½ cup of small French peas.
The juice of one-half lemon.
Salt and cayenne pepper.

First the butter is creamed in the double boiler, and the egg yolks are added one at a time, the whole mixture being heated constantly; then lemon juice, about one-quarter teaspoonful of salt, a dash of cayenne, one-half cupful of boiling water, salmon and peas are added in this order. As soon as it thickens, it can be poured over hot toast points or thin crackers.

An excellent "company dish" to be made in the chafing dish is:

Spicy Minced Almonds.
1 cupful of chopped almonds.
1 teaspoonful of butter.
1 tablespoonful of minced olives.
1 tablespoonful of chili sauce.
1 teaspoonful of dry mustard.
1 tablespoonful of Worcestershire sauce.

The almonds are cooked in the butter until brown, then salt and a dash of paprika are added, and then the chili sauce, olives, mustard, and Worcestershire are mixed together. This is served on bread, crackers, or toast points.

A substantial and flavorful macaroni or spaghetti connection, there is nothing so helpful as the chafing dish. Here is an easy one:

Tomato Spaghetti.
2 cups of boiled macaroni.
½ cupful of olive oil.
1 cupful of tomatoes.
½ cupful of grated cheese.
2 small green peppers, minced.
2 small onions, minced.

The peppers and onions are cooked in the oil in the blazer for about fifteen minutes, then tomatoes, spaghetti and cheese are added. The mixture must be stirred constantly,

and as soon as the cheese has melted a dash of salt is added, and the spaghetti is ready to serve.

Egg Rabbit.
4 eggs beaten with
2 tablespoons of cream.
4 tablespoons of minced green pepper.
½ teaspoonful of butter.
2 tablespoons of grated cheese.
Dash of salt.

The entire mixture—except eggs in cream—is cooked together, and the eggs added last. It is then poured over hot, buttered toast, and baked a delicious, quickly prepared, hot dish.

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Odd Facts.

A reactor in England, with few exceptions, is personally responsible for the repair of the channel of his church.

Before coined money was used in Greece, skewers or spikes of iron or copper were employed as currency.

A cloud of very small drops of rain, one mile up, would take about seven hours to sink to the earth.

The thirteenth century version of the proverb, "Out of sight, out of mind," was, "Far from eye, far from heart."

Yawning is due to a deficiency in the air supply to the lungs and is nature's method of rectifying the deficiency.

Fair-haired people usually possess between 140,000 and 160,000 hairs on the scalp.

To test the penetration of rifle shots, snow walls six feet six inches thick were erected in Aurillac, France. Rifles were fired at a distance of fifty-five yards. In each case the ball was stopped at a penetration of five and a half feet.

Troop News of Girl Scouts

December 23 was a red letter day in the atypical and ungraded schools of the District, when the Girl Scouts gave Christmas parties and turkey dinners to 250 school children and distributed baskets of supplies to a large number of poor families in various sections of the city.

Each troop participated, not only in giving donations of food, fruits, and candy, but also by turning out in full force and assisting in the serving of their guests. During the dinner oranges, candy canes, and gay tarleton bags and stockings (made and filled with candy by the scouts) were distributed to every child.

Each of the 118 children of the colored atypical and ungraded schools of the city was remembered, turkey dinners being served at their three centers, the O Street Vocational School, St. Luke's parish hall, and the Randall School.

The task of estimating, buying and distributing the supplies incident to this first big effort on the part of the Girl Scouts to prove themselves "little sisters" to all the special school world of their own city was greatly facilitated by the co-operation of the teachers in these schools.

Following drill and athletic work, Troop 1, at its business meeting on Wednesday, decided to take a hike out to Sunflower lodge tomorrow and remain until Wednesday evening.

At the close of the meeting the girls presented their captain with a silver carving set.

On Thursday, after the Christmas dinner at the Morse School, Troop 1 put the balance of the afternoon delivering baskets and Christmas packages for the Associated Charities.

This troop is drilling faithfully on the folk dances for the exhibition at the winter rally. The girls are also

planning a birthday party on next Thursday evening.

The last meeting of Troop 7 was held at St. Marks' Church. Miss Inez Clark, the new lieutenant, was presented to the troop. L. R. Miller gave instruction on sewing.

Hereafter the meetings will be held on Fridays and in the parish hall.

Troop 7 was assigned to assist at the Christmas dinner at 419 Sixth street southwest, one of the atypical schools included in the gift of the Girl Scouts. When dinner was over several families in that section of the city were remembered with baskets.

During the week, this troop has provided and dressed a doll for a child who never before owned one and supplied some Christmas cheer for her three brothers. In addition to this they have been gathering and carrying supplies to needy families.

Troop 21 admitted one new member, Helen Collier, this past week. Their new pennant was much admired at the last meeting. This troop has been occupied in collecting and distributing clothing, food and Christmas candy to needy children.

Fifteen girls answered to roll call at Troop 21's last meeting at the residence of Mrs. Moors. Special attention was given to the study of the scout laws. Candy was made and filled for the children of the atypical schools. Refreshments donated by Ruth Haynes were served.

Troop 10 served at the Tenley School, followed the plan observed by all the troops of carrying baskets to those in need in the vicinity.

A&P.
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